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# BURIED ALIVE

IN PART 2 OF 5, METRO TAKES A LOOK AT ONE MAN'S NEAR-DEATH EXPERIENCE IN THE B.C. BACKCOUNTRY THAT CONTINUES TO LURE MANY

PAGES 8 & 9

HALIFAX

# metro

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Tuesday, January 29, 2013



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## GLOBAL PROTEST

PAGE 4

Aboriginal activists and supporters wave flags as they cross the MacDonald Bridge in Halifax on Monday as part of the Idle No More global day of action. JEFF HARPER/METRO

# Victim robbed of 'right to be a little girl'

**Stanley Robert Lowther.**

Former soccer coach sentenced to six and a half years for 'extreme' sexual abuse that went on from 2005 to 2011



**HALEY RYAN**

[haley.ryan@metronews.ca](mailto:haley.ryan@metronews.ca)

A former Halifax soccer coach has received a lengthy sentence for sexual abuse spanning several years that a judge said robbed the victim of her "right to be a little girl."

Stanley Robert Lowther, 39, was sentenced Monday to six and a half years in a federal penitentiary.

The hearing in Nova Scotia Supreme Court revealed graphic details about the abuse, which began in 2005 when the victim was 12. It ended in December 2011 when she told a family member.

### Quote

**"This is one of the more serious sexual assault-cases that I've dealt with."**

Crown attorney Rick Woodburn

"She will never have another chance for a first kiss," said Justice Arthur LeBlanc, who said he considered the acts to be of "extreme violence."

LeBlanc noted the abuse began with sexual touching and escalated to oral, vaginal and anal sex a few times a week.

The judge also condemned Lowther's use of God and the Bible to convince the victim that his behaviour was acceptable.

"You knew what you were doing. It was wrong," said LeBlanc.

The victim, whose identity is protected by a publication ban, was visibly upset and left the courtroom once during

the proceedings.

When Lowther stood to speak, he asked to face the victim, but Crown attorney Rick Woodburn stopped him, saying she did not want to see Lowther face-to-face.

"There's nothing I can do to take it back," Lowther said as he stared at the floor, hands clasped. "The shame, the guilt — it's all on me. It's not yours to carry," he said. "Sorry's not enough."

Woodburn said Lowther's remorse was "hollow" in the face of his predatory nature and manipulation.

"Mr. Lowther was very late in the day taking responsibility for his actions, blaming the victim (instead)," Woodburn said outside court. "The victim ... is a strong, brave woman who has fought her way out of a horrible, horrible time in her life and hopefully now she'll be able to move on."

Lowther must submit a DNA sample and will be added to the national sex-offender registry.



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Crime Stoppers

## Police appeal for tips in 25-year-old murder case

Twenty-five years after the shooting death of a Dartmouth man, major-crime investigators are asking that anyone with information — no matter how trivial — come forward.

"Someone somewhere knows what happened there," said Halifax Regional Police Const. Pierre Bourdages. "So we're looking for any kind of information, as small and minute as it could be. Sometimes the smallest information can help in these cases."



Derek Alan Lowe  
CONTRIBUTED

Derek Alan Lowe, 23, was found shot to death around 7:30 a.m. Jan. 28, 1988.

The body was discovered in the Maybank ball field just off MicMac Drive in Dartmouth.

Bourdages said investigators have established Lowe was at a bar in north-end Dartmouth earlier in the night, but need help to fill in the timeline after that.

"We spoke to people that saw him at the bar, who were interviewed, but we still don't have any information as to where he was between the bar and the time he was located at the sports field," said Bourdages.

Bourdages said Lowe wasn't in any disputes with friends, relatives or anyone else, as far as investigators can ascertain.

Anyone with information about Lowe's murder is asked to contact the Integrated Major Crime Unit at 490-5333, or Crime Stoppers at 1-800-222-TIPS. **RUTH DAVENPORT/METRO**



Ground search-and-rescue volunteers pack up and prepare to leave on Monday after several hours of searching the woods in Beaver Bank for a man reported missing. The reports turned out to be a hoax. **JEFF HARPER/METRO**

# Case of missing man a hoax: Police

**Beaver Bank.** Search-and-rescue effort involved more than 100 people; man faces public-mischief charges



ANDREW RANKIN  
andrew.rankin@metronews.ca

The case of the missing man in Beaver Bank that ultimately proved to be a hoax was actually a good-news-bad-news story, said RCMP spokesman Cpl. Scott MacRae.

The good news is that Gregory Francis Yhard, 36, is safe and sound at home.

The bad news is that he was never lost — and more

Quoted

"Information came forth that there was potentially an injured man in the woods in the wintertime, in cold temperatures, and we have to err on the side of caution." RCMP spokesman Cpl. Scott MacRae

than 100 volunteer search-and-rescue officials, with the aid of a Department of Natural Resources helicopter and Halifax Regional Fire services, painstakingly combed a forested area in frigid temperatures for hours in an ultimately futile search.

"The search for Mr. Gregory Yhard was based on a lie," said MacRae.

MacRae said a 38-year-old Beaver Bank man called police at 7:45 a.m. Monday morning from his own home to report

that he had been involved in a snowmobile accident that left a friend injured in the woods.

The man was transported to hospital by ambulance with non-life-threatening injuries while police organized a search of the nearby woods.

In the meantime, a relative of Yhard informed the police that he was safe and living outside the province.

After being discharged from hospital, the man was brought back to the scene by police

where he eventually confessed to the hoax around 2:30 p.m.

He's now facing a charge of public mischief.

MacRae said late Monday afternoon that police had yet to find a motive.

"We realize that sometimes people don't tell the truth," said MacRae. "It will be a question that he'll have to answer to the courts."

Investigators are looking into whether alcohol was a factor. MacRae said it was unfortunate that the search included so many resources, but he said police had to let due diligence take its course.

"We have to go through a process of verifying or disproving and unfortunately that sometimes takes time," said MacRae.

## RCMP. Mother charged in nine-year-old girl's death

RCMP have charged a 30-year-old woman with impaired driving causing the death of her nine-year-old daughter in an incident earlier this month.

Police initially declined to confirm if Candice Roxanne Moore of Pleasantville is the mother of the dead girl, Olive Moore.

However, late on Monday, Cpl. Scott MacRae said the media reports stating that Candice Moore is the girl's mother are accurate.

"RCMP in Nova Scotia are confirming what media is re-

porting about the relationship of the lady charged," he said.

Candice Moore is also facing a charge of failing to submit to a breathalyzer.

Olive was dropped off at a home on Corkum Road on Jan. 19, and she was allegedly hit as a van left the driveway.

Candice Moore is scheduled to appear in Bridgewater provincial court on March 27.

An obituary for Olive says she was a poet who wanted to be a rock star. It says Olive is survived by her parents and five brothers. **METRO**

Financing

Correction: 'Let the games begin, Halifax'

Incorrect information appeared in a Metro story published Jan. 25, 2013.

The story "Let the games begin, Halifax" identified Hal-Con as a funding partner of the Games People Play store.

Financing was in fact provided by the Centre for Entrepreneurship Education and Development. **METRO**

## Stolen jewelry. Woman accosted and robbed outside Dartmouth bar

Halifax Regional Police are looking for a man who accosted a woman outside a Dartmouth bar and stole some of her jewelry.

The 34-year-old victim left Celtic Corner on Alderney Drive around midnight Saturday to have a cigarette.

She was approached in a nearby alley by a man who was also smoking.

Police say the man tried to pin her against the wall to rob her, but she fought

him back and was punched in the face in the process.

The man took her jewelry and took off on foot.

The victim wasn't seriously hurt and reported the incident to police the next day.

Only a limited description of the suspect is available.

Anyone with information is asked to contact police or Crime Stoppers. **METRO**



# Spirit of solidarity pushes Halifax to be Idle No More

**Big picture.** Protesters say movement is about more than aboriginal rights — it's about many different values Canadians hold dear



ANDREW RANKIN  
andrew.rankin@metronews.ca

Growing up in Eskasoni, Marina Young never experienced the horrors that some of her aboriginal Canadian counterparts currently endure in communities across the country.

The co-organizer of Monday's Idle No More demonstration, which included nearly 500 participants marching from Dartmouth to Citadel Hill, said she has her Mi'kmaq elders to thank for fighting for the rights her community deserved.

"We had scholars and lawyers who fought for us," said Young, 33.

For Young, Monday's event, which brought aboriginals from across the province together with non-aboriginals, was born out of that same spirit.

All ages braved the bitter cold, armed with traditional drums and signs of protest and unity, marching in tandem with demonstrators in cities across Canada.

Many in Halifax, including a number of elders, spoke of the danger posed by proposed

federal legislation, such as Bill C45, that they argue seriously threatens the environment, their treaty rights and their territory.

But for Young the protest had a deeper significance: She harbours a deep distrust of the federal government and feels it is increasingly encroaching on aboriginal land and values.

She said she supported Attawapiskat Chief Theresa Spence's 44-day hunger strike, which was aimed at convincing the country's top leaders to take First Nations concerns seriously.

"For me, Chief Spence helped us recognize that you have to take drastic measures to get the attention of the government, because nothing has changed," she said.

Seeing such diversity at Monday's event only strengthened her resolve.

"They're showing us that there is a problem," said Young. "The federal government has been showing its arrogance and its unilateral approach to environmental regulations for a long time. This is a revolution. So many have decided that we need to fix this problem."

"Our ancestors would be proud that we have so many allies. People are standing with us. It's not a sprint; it's a marathon. It's important that we act and react."

Halifax resident Georgia Schurman participated in Monday's protest to demonstrate her solidarity with the cause.



Aboriginal groups and supporters walk up North Street after crossing the MacDonald Bridge as part of Idle No More protests on Monday. JEFF HARPER/METRO

"I really think it's important to band together and fight against the oppressive practices that are happening in this country at an alarming rate," she said.

Michael Stephens of Millbrook First Nation spoke at the event and said he's fight-

ing for his people and for posterity.

"You look at what Chief Spence did," said the 29-year-old Mi'kmaq. "She did that because she believes that there is a real risk to our people and future generations. I believe that too."



After the march, aboriginal groups and their supporters formed a friendship circle on the Halifax Common. JEFF HARPER/METRO

## Priorities

**"That's the fundamental truth: We need clean water and clean air. With our current government, those rights are at risk."**

Eskasoni resident Marina Young

## Can't stand still

**"We have responsibilities to fight and to stand together for the long-term health of this country."**

Halifax resident Georgia Schurman

## \$1.52-billion application filed for undersea cables to Muskrat Falls

A subsidiary of Emera Inc. has applied to the Utility and Review Board for approval of the subsea cable portion of the \$7.7-billion Muskrat Falls hydroelectric project.

NSP Maritime Link Inc., an affiliate of Nova Scotia Power, has asked the provincial regulator to approve \$1.52 billion in capital spending with a variance of up to \$60 million for the entire project.

The company says the project to bring hydroelectricity from Labrador to Nova Scotia

is the lowest-cost option for the long term.

The application also said the project would provide renewable power for at least 50 years and supports the development of other renewable resources.

Under the deal, Emera would build a 180-kilometre subsea cable to convey power from Cape Ray in Newfoundland to Lingan, N.S.

Emera would be responsible for 20 per cent of the cost of the overall project while Newfoundland Crown utility Nalcor

would be responsible for the remaining 80 per cent.

Emera will get 20 per cent of the project's energy.

Last week, Premier Darrell Dexter said the cost of the subsea cable will raise power rates for people in the province by less than one per cent.

Progressive Conservative Leader Jamie Baillie said Dexter has endorsed the project without knowing the final bill, and said his caucus will intervene at UARB hearings.

THE CANADIAN PRESS

## Teachers' union hopes conciliator can speed up contract negotiations

The union representing teachers in Nova Scotia has asked the minister of labour and advanced education to appoint a conciliator to help with negotiations that have been underway since June.

The Nova Scotia Teachers Union opened negotiations on a new contract for public-school teachers on March 1, and the "exchange of packages" took place on June 12.

According to a statement from the NSTU, the union and Department of Education have

met for nine bargaining sessions since then.

"While we have made progress throughout the bargaining process, our negotiating committee believes the services of a conciliation officer will help us reach a collective agreement," said union president Shelly Morse in a statement.

The public teachers' last agreement expired on July 31.

The conciliator has 14 days to meet with the two sides after being appointed. METRO



Nova Scotia Teachers Union president Shelly Morse METRO FILE



# Faculty and support staff on strike at St. Francis Xavier

**Talks break down.** The strike was a last resort after eight months of contract negotiations, according to an official

Classes for about 4,800 students at St. Francis Xavier University were called off Monday after about 400 faculty and support staff at the school in Antigonish went on strike.

Peter McInnis, president of the school's association of teachers, said there were no last-minute contract talks with the administration.

The strike was a last resort after eight months of contract negotiations, he said.

"When we entered negotiations we said we would always go back to the table if we were invited to," said McInnis. "When we told the administration that we

would in fact undertake strike action this morning we also included an invitation (to resume negotiations), but they didn't take us up on it."

The faculty association has been without a contract since June. McInnis said it can't accept the university's latest offer because salary increases are well below the cost of living.

School spokeswoman Cindy MacKenzie said the contract offer includes a minimum salary increase of nearly seven per cent with an average increase of 16 per cent.

"The university made a fair and reasonable offer comparable to national and regional settlements," said MacKenzie.

"The bottom line is that government cuts to post-secondary funding have put the university into a deficit ... and make any settlement difficult."

THE CANADIAN PRESS



Classes were cancelled Monday at St. Francis Xavier University as hundreds of faculty and support staff hit the picket lines to back their demands for more substantial wage increases. CLAYTON BLAGDON/THE XAVIERIAN WEEKLY

## Deep Panuke back in working order after fire



The jack-up rig Rowan Gorilla III, pictured, has been used to drill on the Deep Panuke offshore platform. The owner of the Deep Panuke says a fire-suppression system that failed when a small electrical blaze broke out earlier this month is in working order. ANDREW VAUGHAN/THE CANADIAN PRESS

The owner of the Deep Panuke natural-gas platform off Nova Scotia says a fire-suppression system that failed when a small electrical blaze broke out earlier this month is in working order.

Anne Guerin-Moens, a spokeswoman for Dutch-based SBM Offshore, said a valve that was supposed to release carbon dioxide didn't open when the fire broke out Jan. 19.

Work was put on hold and 46 people were removed from the platform as a precaution.

Guerin-Moens could not say Monday what caused the

suppression system to fail, but she said the valves have since been tested and are now functioning.

"Everything is working now as it should," she said.

An investigation involving SBM Offshore and energy giant Encana found the fire was contained to an electrical cabinet in the emergency switchboard room aboard the platform.

Guerin-Moens said the fire was extinguished within minutes by firefighters when the fire-suppression system didn't kick in.

### After the fire

- Safety officers with the Canada-Nova Scotia Offshore Petroleum Board have visited the platform twice since the fire.

Details of the probe posted on the Canada-Nova Scotia Offshore Petroleum Board's website said necessary electrical repairs have since been carried out.

"The board is satisfied that appropriate corrective actions

have been taken enabling the operator to proceed," the memo reads.

The development received regulatory approval in 2007 and was initially supposed to go into production by late 2010.

Guerin-Moens said construction workers began returning over the weekend to the site, which is still expected to begin producing natural gas within the first half of this year.

"We're sticking with that target," she said.

THE CANADIAN PRESS

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Chadian soldiers are seen securing Gao airport, north of Mali, on Saturday. Canada's special forces are on the ground in the troubled West African country, sources within the Department of National Defence said Monday, but not in a combat role. GHISLAIN MARIETTE/EMA-ECPAD/THE ASSOCIATED PRESS

## Canadian forces are in Mali, but not in combat role: Sources

**Islamist insurgency.**  
Feds stand behind non-  
intervention mandate  
despite landing boots  
on the ground

Canada's special forces are on the ground in Mali to help protect Canadian personnel who are already operating in the troubled African country, say sources within the Department of National Defence.

Few other details were immediately available, although the Department of Foreign Affairs went to lengths to communicate that the presence

### International pressure

The Harper government has been under pressure from the African Union — and from countries bordering Mali that are plagued by Islamic insurgencies of their own — to take more decisive military action.

of special forces soldiers does not signal an involvement in combat.

"We have been clear; there will be no mission in Mali," a Foreign Affairs official said in a statement. "Steps have been taken to ensure our mission and Canadian personnel are

protected."

Canadian Forces crews have been piloting and supporting Canada's C-17 heavy-lift transport as it moves military equipment in support of French troops. That mission, which was originally only supposed to last a week, is now scheduled to continue until Feb. 15.

Prime Minister Stephen Harper said Monday that any further role for Canada would require consultation with parliamentarians.

"We are providing technical assistance to French and other military forces who are there," Harper told the House of Commons in response to a question from NDP Leader Tom Mulcair.

THE ASSOCIATED PRESS

### Born in the U.S.A.

**L.A. cracking down  
on makeshift  
maternity wards**

Los Angeles County is planning a crackdown on makeshift maternity wards where pregnant women, mostly from Asia, stay while giving birth so their children will be U.S. citizens.

The county has received 60 complaints about such facilities in the past month, the Los Angeles Times reported Sunday.

Pregnant women can pay thousands of dollars to stay in the facilities, authorities said.

THE ASSOCIATED PRESS

**Bureaucrat sex tapes.  
Chinese police trying to  
squeeze whistleblower**

A Chinese whistleblower holding secretly filmed sex tapes featuring city bureaucrats has come under pressure from police to hand them over for an investigation into an embarrassing scandal that has already cashiered 11 officials.

Police questioned Zhu Ruifeng, a former journalist who triggered the scandal in the southwestern city of Chongqing, for seven hours Monday about the tapes and said he could be liable for prosecution if he did not surrender them.

"The police were very polite, but they said they wanted

the videos. I firmly refused to give it to them because I have to protect my source," said Zhu, who lives in Beijing but was, he said, interviewed by Chongqing police officers.

"They threatened me with the law, saying I could be accused of concealing evidence."

The first high-profile case broke in November after Zhu released a video online of a 50-something Communist Party district official having sex with a woman allegedly hired by developers in an extortion bid.

THE ASSOCIATED PRESS



# Egypt unrest continues in defiance of Morsi curfew

**Five days of violence.**  
State of emergency and army presence don't prevent protests

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiralling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night with police firing tear gas near Qasr el-Nil Bridge. In nearby

Tahrir Square, protesters set fire to an armoured personnel carrier.

"I will be coming back here every day until the blood of our martyrs is avenged," said 19-year-old carpenter Islam Nasser, who wore a Guy Fawkes mask as he battled police.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed up tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. **THE ASSOCIATED PRESS**



Protesters run for cover near Tahrir Square. KHALIL HAMRA/THE ASSOCIATED PRESS

## Mexico. Ten bodies found in well believed to be part of missing band and crew

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and its crew disappeared late last week, according to a state forensic official.

It was hard to determine how many more bodies were submerged in the water, said the official, who spoke on condition of anonymity.

Sixteen members of the band Kombo Kolombia and four crew members were re-

ported missing early Friday after playing a private show at a bar in the town of Hidalgo, north of Monterrey.

Members of other musical groups have been murdered in Mexico in recent years, usually groups that perform "narcocorridos," which celebrate the exploits of drug traffickers. But Kombo Kolombia did not play that type of music, and its lyrics did not deal with violence or drug trafficking.

**THE ASSOCIATED PRESS**

### Plane crash

## Memorial service held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The three employees of Calgary-based Kenn Borek Air were killed when their Twin Otter slammed into a mountain on Wednesday.

The U.S. National Science Foundation held the ceremony at its Amundsen-Scott

South Pole Station.

The agency says the dead men made the ultimate sacrifice while supporting scientific research in a remote and hostile environment.

American and New Zealand searchers were able to recover the voice recorder from the plane's tail and it is being sent to Ottawa to be examined.

But searchers have decided they cannot safely recover the bodies of the men until possibly October, when winter in Antarctica is over. **THE CANADIAN PRESS**

### Beloved matriarch

## Queen of the Netherlands to abdicate throne

Dutch Queen Beatrix, 74, announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

**THE ASSOCIATED PRESS**



Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968. THE ASSOCIATED PRESS FILE



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# Call of the mountain lures powder hounds

**Extreme winter-sports warrior.** Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains



KATE WEBB  
Metro in Vancouver

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

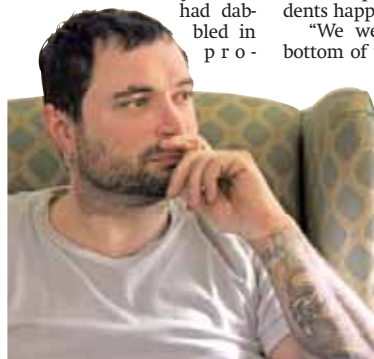
"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in pro-



Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one.

MATT KIELYTKA/METRO  
IN VANCOUVER



Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

fessional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.

## BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke

recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

"There's one rule in the

## Waiting to be rescued

"I kind of just lost that hope for the last minute and went to sleep."

Jeremy Hanke

backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under

the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.



**Tomorrow: The Rescuers**  
Meet the two- and four-legged frontline avalanche responders.

## BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

## Exclusively online



Jeremy Hanke  
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit [metronews.ca/backcountry](http://metronews.ca/backcountry).





# Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."



Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.

CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder

flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for

## A slice of Canadiana

**"It's where we really understand what's important in life. It's who we are. You can't take that away from us."**

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIULTYKA/METRO IN VANCOUVER

# Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users,"

## Backcountry by the stats

14

The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

7,000

The number of people who take Avalanche Skill Training courses each year.

1.4M

The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

124%

The increase in users at Glacier National Park from 2009 to 2012.

he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of ava-

lanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable

winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With \$200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIULTYKA/METRO IN VANCOUVER

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.

DYLAN LABELLE/FOR METRO

## Flight. Monkey in rocket launched into space: Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body protection and being strapped tightly into a pod that resembled an infant's car seat.

The photos draw historical links to the earliest years of the space race in the 1950s, when both the U.S. and Soviet Union tested the boundaries of rocket flight with animals on board, including American capsules carrying monkeys and Moscow's crafts holding dogs. Many of the animals on the flights perished because of equipment failure or technology unable to cope with re-entry from orbit.

Iran has long said it seeks



In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch.

THE ASSOCIATED PRESS

to send an astronaut into space as part of its ambitious aerospace program, which includes plans for a new space centre announced last year. In 2010, Iran said it launched an Explorer rocket into space carrying a mouse, a turtle and worms.

The U.S. and its allies worry that technology from the space program could also be used to develop long-range missiles that could potentially be armed with nuclear warheads. Iran denies it seeks atomic weapons and claims it is pursuing nuclear reactors only for energy and medical applications.

THE ASSOCIATED PRESS

# Neglect, errors contributed to Brazil nightclub blaze

**231 dead.**

Lack of fire alarm, sprinklers, fire escapes resulted in worst fire of its kind in more than a decade

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher



Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231 people. FELIPE DANA/THE ASSOCIATED PRESS

every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None

of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of

how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

THE ASSOCIATED PRESS

## Baltimore. First soldier to survive losing all limbs in Iraq war gets new arms

The first soldier to survive after losing all four limbs in the Iraq war has received a double-arm transplant.

Brendan Marrocco had the operation on Dec. 18 at Johns Hopkins Hospital in Baltimore, his father said Monday. The 26-year-old Marrocco was injured by a roadside bomb in 2009.

He also received bone marrow from the same dead donor who supplied his new arms. That novel approach is aimed at helping his body accept the new limbs with minimal medication to prevent rejection.

The military is sponsoring operations like these to help wounded troops. About 300 have lost arms or hands in the wars.

"He was the first quad amputee to survive" from the wars in Iraq and Afghanistan, and there have been four others since then, said Marrocco's father, Alex Marrocco. "He was really excited to get new arms."

The Marroccos want to thank the donor's family for "making a selfless decision ... making a difference in Brendan's life," the father said.

Surgeons plan to discuss the transplant at a news conference with the patient on Tuesday.

The 13-hour operation was led by Dr. W.P. Andrew Lee, plastic-surgery chief at Johns Hopkins, and is the seventh double-hand or double-arm transplant done in the United States. Lee led three of those earlier operations when he pre-

viously worked at the University of Pittsburgh, including the only above-elbow transplant that had been done at the time, in 2010.

Marrocco's "was the most complicated one" so far, Lee said in an interview Monday. It will take more than a year to know how fully Marrocco will be able to use the new arms, Lee said.

"The maximum speed is an inch a month for nerve regeneration," he explained. "We're easily looking at a couple years" until the full extent of recovery is known.

While at Pittsburgh, Lee pioneered the novel immune-suppression approach used for Marrocco.

THE ASSOCIATED PRESS

### Possible change

#### U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members. Monday's announcement comes after years of protests over the policy.

THE ASSOCIATED PRESS

### U.K.

#### Rupert Murdoch apologizes for 'offensive' cartoon

Media baron Rupert Murdoch has apologized for a Sunday Times cartoon depicting Israeli leader Benjamin Netanyahu building a wall using blood-red mortar, an image Jewish leaders said was reminiscent of anti-Semitic propaganda.

THE ASSOCIATED PRESS

### Politics

#### Obama asks police chiefs to help pass gun legislation

President Barack Obama on Monday asked police officials from the three communities hardest hit by mass shootings last year for help in getting Congress to pass tough new gun legislation.

THE ASSOCIATED PRESS

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# One-percenters rake in 10th of national income

**Income disparity.** StatsCan data shows gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least \$201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent."

**THE CANADIAN PRESS**

## Rich women

# 53,200

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.



Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest against income disparity. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least \$201,400 in 2010. TORSTAR NEWS SERVICE FILE

## Credit crunch

### Visa system suffers temporary outage

Visa's credit card system was once again working Monday after it crashed earlier in the afternoon, leaving Canadians to reach for their billfolds.

"Visa is 100 per cent operable.... The issue is with a third-party provider and we will be issuing a more detailed statement soon," said a spokesperson.

**TORSTAR NEWS SERVICE**

## Music streaming

### Rdio offers free six-month trial

In a bid to boost its market share amongst Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months. "We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was launched across North America in 2010, and its online library

has grown to include over 18 million songs.

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost \$4.99 a month for unlimited web streaming, or \$9.99 for unlimited web and mobile access. **LUKE SIMCOE/METRO**

## Market Minute



**DOLLAR**  
99.35¢ (Unchanged)



**TSX**  
12,815.91 (-0.71)



**OIL**  
\$96.44 US (+56¢)



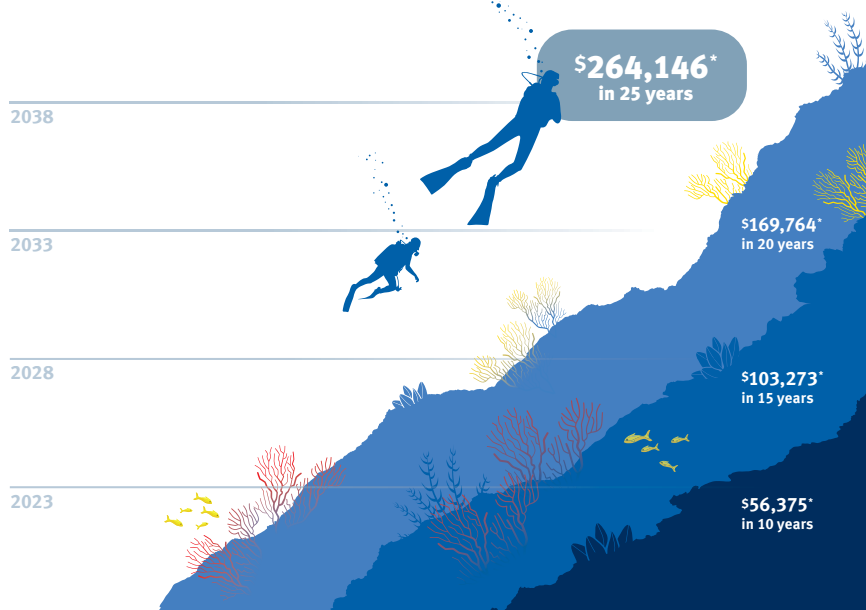
**GOLD**  
\$1,652.90 US (-\$3.70)

**Natural gas:** \$3.27 US (-17¢)  
**Dow Jones:** 13,881.93 (-14.05)



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# CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES



**SHE SAYS...**  
Jessica Napier  
metronews.ca/voices/  
she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books,

DVDs and housewares, but mostly there were clothes. Oh, the clothes: piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts. Some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted castoffs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes, and eyed each other competitively as they ravaged the mounds of silky blouses and novelty-printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a \$39.99 pair of "leather" leggings.

Human beings spend more than \$1 trillion a year on clothing worldwide — an estimated one-third of those consumers come from North America. A significant percentage of this booming market can be ascribed to the enticements presented by ill-fitting runway knockoffs churned out by European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trendy clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers — not only for ethical and environmental reasons but because it would be nice if our clothes didn't expire faster than a container of yogurt.



Today's fad, tomorrow's castoff.  
NEILSON BARNARD/GETTY IMAGES FOR H&M

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# A whale of a suite deal



CHRISTIAN STROMQVIST

## Carving out a niche

### Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

## BLUE's point of view



"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."

Rachel Etherington, managing director at Blue Marine Foundation

## Totally chill design

- Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona (\$506).
- Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30

degrees outside.



**Melting.** The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

## Taking stock

### 'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

"If we set up 'no take zones,' such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?

88%  
NO

12%  
YES



Twitter

**@themikebeaton:** There are 3 colors that don't rhyme with anything (silver, orange, and purple) #randomfact

**@StephaniePelley:** The best way to receive bad news is to receive really really good news immediately after :-)

**@tintedGreen:** We need to make sim locking illegal in Canada. It's a real consumer issue and "I don't understand it"

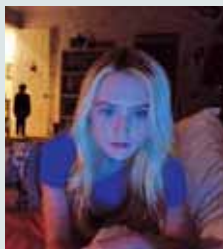
is not good enough anymore.

**@jenmaclean6:** Today's tasks: Finish paper, put away laundry, clean out fridge, eat REAL food, make bed w clean sheets, DEFEAT GERMS. /immune-systemflex

**@KimHumes:** This cat circus company is hiring a touring assistant, i.e. someone to travel and play with cats all day. Seriously. [circuscats.com](http://circuscats.com)



DVD review



**Paranormal Activity 4**

**Director.** Henry Joost,  
Ariel Schulman

**Stars.** Kathryn Newton, Katie  
Featherston, Alexondra Lee

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL



Ashton Kutcher stars in *jOB*, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

# Kutcher up to the jOB

**Method man.** Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic *jOB* — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher

said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in

part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

2 SCENE

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**RATLINES**

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Randy Quaid

## Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

## Ben and Jen trying to keep kids out of the biz

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

Ben Affleck and Jennifer Garner  
ALL PHOTOS GETTY IMAGES

### Twitter



@ParisJackson

is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head



@arnettwill

just saw one of those commercials for milk. glad they have those. almost forgot what milk was.



@ABFoundation

Disregard that last tweet. Someone hacked me.



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

**Rick Ross is in all sorts of trouble, as is the delightful Chris Brown**



THE WORD

Dorothy Robinson  
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much. Also on Monday, but



on a different coast, Chris Brown and Frank Ocean were reportedly at the cen-

ter of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys."

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.

## Puddin Domestic Long Hair

Through no fault of her own, 4 year old Puddin was surrendered into our care when a health situation developed in her former owner's family. It must be confusing for her not knowing where she is or why she's here. She is a very sweet girl with a friendly, curious manner who

adores being brushed & will bunt your hand in return for a gentle cuddle. Puddin would thrive in a home without small children and is hoping with all her heart that someone will fall in love with her soon. Please drop by and visit Puddin today.

For more information on Puddin and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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For more information, visit: [www.blinddatewithastar.ca](http://www.blinddatewithastar.ca)





Health

## Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise,

especially after meals, the journal of the American College of Sports Medicine reports. Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate

a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk

for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of

this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of *Medicine & Science in Sports & Exercise*.

MEREDITH ENGEL, MWN

# Don't be that kind of gym rat

**Etiquette.** How to deal with annoying people during your daily workout and how not to become one of the offenders

LINDA CLARKE  
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote *The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym*.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it."

"People go to the gym to



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

focus on themselves," Pines says.

"That's what it's all about — but you have to be aware of your impact on others around

you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a

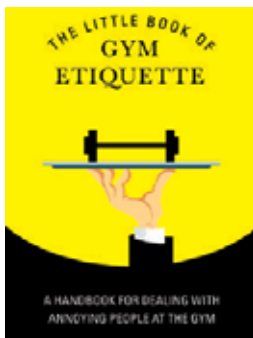
fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

### How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."



3  
TIPS

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If your New Year's resolutions are off to a rough start, perhaps it's time to realign your priorities. ALL ISTOCK PHOTOS

# Take the 90-day challenge and commit to a new you

**Resolutions.** If you're struggling to reach your goals, it's time to re-calibrate and remember that it's a marathon, not a sprint

CELIA MILNE  
life@metronews.ca

Want to be skinnier, richer and fitter?

## Quote

**"Both psychological research and neuroscience tell us that 90 days are required to solidify a behaviour change"**

Dr. John Norcross  
Author of the new book *Changeology: Five Steps to Realizing your Goals and Resolutions.*

We all start off well with New Year's resolutions, but good intentions begin to slip a bit by the end of January.

Whether you are trying to eat less processed food, quit smoking or spend less

money, it's only human to revert to old habits.

But hang in there.

"Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed lifestyle,"

says Dr. John Norcross, psychologist at the University of Scranton in Philadelphia, PA, and author of the new book *Changeology: Five Steps to Realizing your Goals and Resolutions.*

No matter what goals you are aiming for, it's important to realize that you can't change overnight and to be patient.

"Both psychological research and neuroscience tell us that 90 days are required to solidify a behaviour change," says Norcross.

## Best Health



Blood from one pooch can save up to four dogs. ISTOCK IMAGES

## Let your pup become a doggie-donor

Did you know that your pet could be a blood donor? Just as with humans, there is often a shortage of blood supply for pets.

Some vet clinics have a resident cat partly for the



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

purpose of donating blood to felines in need.

But for dogs, blood donations are sought from the community, and new donors are always needed.

According to Beth Knight, laboratory director at the Canadian Animal Blood Bank in Winnipeg, supporting sick or injured dogs with donated blood products, such as red blood cells and fresh plasma, increases treatment options, speeds recovery and helps

them return to full health. A dog may require blood products if he has been involved in a trauma such as being hit by a car, or is suffering from cancer, hemophilia, Von Willebrand's disease, parvovirus or anemia.

Donor dogs must meet certain criteria, including weighing 50 pounds or more and being young.

Depending on the program, blood is collected from either the dog's jugular vein or front leg; pressure is then applied to the injection site, just as with human donations. Up to four dogs could be saved from one donation.

While a transfusion won't guarantee a dog's survival, it can buy time for the animal to heal.

For a list of animal clinics and veterinary colleges across Canada that solicit canine blood donations, pick up the January/February issue of *Best Health*, on newsstands now.

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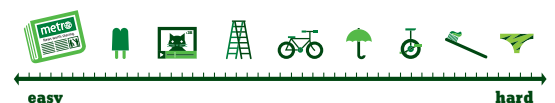
Women will undergo a gynecological exam. Couples will then complete questionnaires at the IWK Health Centre/Dalhousie University that will take up to 120 minutes.

Participants will be compensated \$10 each and will receive valuable information about their pain condition.



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sexualpainstudy@gmail.com

## Sharability





metro

# MARCH BREAK CAMP GUIDE

Tuesday, January 29, 2013



If Mother Nature co-operates, the Oval may be open come March break. There are plenty of questions to ask before getting your children involved in March break activities. HRM CORPORATE COMMUNICATIONS PHOTO

## Plan ahead and ask the right questions

**Choices.** Focus on camps that your kids have an interest in or might develop an interest in

RICHARD  
WOODBURY  
For Metro

With a plethora of March break day camps to choose from, it can be tough for parents to figure out what is the best camp for their kids. The key is planning ahead and asking the right questions.

As a starting point, par-

ents should focus search efforts on camps that kids have an interest in, might develop an interest in or one their friends are also enrolled in. (The last point is a bit of a double-edged sword as you want the kids to meet other children.)

The hours of the camp are an important consideration as well. Parents will want to

find a camp that is in line with their child's regular schedule, and has hours that mesh with the parent's work schedules.

As part of the timing considerations, parents will want to consider the drop-off times.

"Are there opportunities for the camper to arrive early or stay late if necessary?" says Sandra Jamieson, the co-ordinator of programs for the athletics and recreation department at Saint Mary's University. She says it is import-

ant to ask what the policy is if a parent is running late.

"Is my child going to be safe if I don't make it there by 4 or 5 p.m., or whatever the cut-off is?" Jamieson said.

Whether meals are provided is another important consideration, especially if the child has food allergies. If they are provided, Jamieson suggests asking to find out if the meals are in line with the Canada Food Guide.

On the subject of healthy living, whether the camp includes physical activity is an-

other important consideration.

"Do they have a policy about how active the camps are?" says Gabrielle Riley, the co-ordinator for active living with HRM's community and recreation services department.

Kids should be getting a minimum of "60 minutes of moderate- to vigorous-intensity physical activity daily," says the Canadian Society for Exercise Physiology's website.

Before making a final decision, parents should look into the training and screening

programs in place for camp staff. This should include whether criminal background checks have been done, as well as whether they have CPR and first aid training.

The number of staffers a camp has is important as it will dictate how much individual attention the children receive.

Perhaps the most important thing of all is for parents to ask questions up front, so the answers don't become unexpected surprises down the road.



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# Get moving. Burn off the winter lethargy

JON  
TATTRIE  
For Metro

After being cooped up for a long, cold winter, many kids are bursting with energy come March. Halifax offers lots of active camps that will burn off the winter lethargy and gear children up for summer.

Kids with a penchant for acrobatics and theatre can sign up for Atlantic Cirque's March break camps. The camps run daily from 9 a.m. to 4 p.m. and teach kids aged 7 to 12 trampoline, juggling, stilts, human pyramids, aerial apparatus (trapeze, cerceau, rope) and more. Kids also study Cirque du soleil videos and the camp culminates in a show for friends and family.

Halifax Dance takes kids aged six to 12 to study hip hop, drumming, jazz and creative movement.

Dalhousie University offers a range of active camps. Climb Camp runs daily from 9 a.m. to 4:30 p.m. and teaches kids about rope safety, belaying, knots and boulder movements. Dalhousie also offers camps that include soccer, basketball, floor hockey, soccer-baseball, track and field, and swimming. Different versions of the camp cater to kids aged five to 14.

Saint Mary's University has a basketball day camp from 9 a.m. to 4 p.m., or a half-day in either the morning or the afternoon. It focuses on the fundamentals, individual skill instructions, game situation drills, skills contests and team competition. It takes boys and girls aged seven to 16.

Soccer Nova Scotia has a camp that focuses on improving skills in goal scoring and goalkeeping. The professionally-qualified staff teach age-

specific courses for boys and girls aged 9 to 13.

Hatfield Farm in Hammonds Plains takes kids aged eight to 16 for a 9 a.m. to 5 p.m. riding camp. It teaches young horse enthusiasts about tack, riding and horse care under the tutelage of their experienced trail guides. Each day includes two lessons, trail rides through the woods and feeding the horses. Hatfield Farm also offers day camps, if space is available.

The Nova Scotia Sea School's Take it Outside camp runs from March 10-14 and caters to kids aged 14 to 19. Instructors take the roof off winter and show students outdoor fun and skills such as shelter building, bow-drill fires, tracking, cooking and exploring.

Food, camping and cold weather gear is included in the five-day, four-night course.



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Explore an exhibit about the Arctic and Antarctic at the Discovery Centre during March break. DISCOVERY CENTRE PHOTO

## No shortage of activities

RICHARD  
WOODBURY  
For Metro

Parents who are at home with their kids during March break might be relieved to know there aren't any shortage of activities they can go out and do with their kids. Whether it's working with pottery, spending a day at the museum or getting some exercise, there are a lot of great family-friendly activities to keep everyone happy.

One option is the Clay Café, a paint-your-own pottery studio on Quinpool Road that has more than 300 pottery styles from which to choose. The neat thing about Clay Café is that once you buy a piece, things such as the paints, materials, glazing and firing are included in the purchase price, so you can spend as much time on your masterpiece as you want without in-

curring any extra costs.

For some relief from the chilly March weather, families might be interested in a reptile exhibit at the Museum of Natural History. Visitors will be able to interact with desert animals such as snakes, scorpions, tortoises and chameleons.

Those with science on the mind should check out the Discovery Centre. The featured exhibit during March break will be Ends of the Earth, an exhibit exploring the Arctic and Antarctic.

"It explains the different climates, the animals that are in those climates and what's happening in those regions of the planet," says Hayley Thomas, the co-ordinator of marketing and business development with the Discovery Centre.

Families looking to break a sweat might be interested in a trip to a sports facility like

Cole Harbour Place or Dalplex. At Cole Harbour Place, a day pass for the family is just \$15 and the family can use it to enjoy a swim or a skate at the facility.

Dalplex, the Fun Zone, an area designed for kids ages 10 and younger, includes a ball pit, slides and tubes in which to crawl and climb. A family day pass is \$25.

"The Fun Zone is good because they have babysitting hours, so if you wanted to go work out for a few hours ... they have some options like that," says Meghan Collins, a partner in the website hrmparent.ca.

One final option is the Oval, assuming Mother Nature co-operates.

"I just think it's awesome our city has that for free," Collins said. "It's sort of like there's no excuse for kids not being able to skate and be outside and have a great time."

## SWIM. DRIBBLE. CLIMB. PLAY. STRETCH. SMILE.

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# Time to discover something new and exhilarating

JON  
TATTRIE  
For Metro

For kids whose hunger for learning doesn't stop when school does, Halifax has many March break camps that teach young people about the planet, art and new media.

The Discovery Centre in Halifax is offering Earth Travellers. Kids can travel the world without leaving the centre in a hands-on scientific adventure. There is a focus on animals and plants, and how they survive in Earth's harshest climates. The camp also looks at famous explorers and their journeys into the unknown.

Neptune Theatre has six different March break camps to choose from. Kids ages four to 18 learn about theatre through games and exercises focused on heroes, wizards and mysteries and many of the camps culminate in an original performance for family and friends.

The Nova Scotia College

of Art and Design has a variety of arts-themed camps for children aged five to 15 (and older). Classes explore turning nature into art, using outer space as inspiration, creating cartoons and comics, and exploring mythology through art. Classes use techniques ranging from drawing and painting to sculpting and photography.

The Art Gallery of Nova Scotia offers studio art classes for children aged five to 12. Local artists teach about drawing, painting, clay and mixed media in weeklong, day or half-day sessions.

ArTech Camps are offering camps for kids aged six to 14 at the Shambhala School on Russell Street. The media marathon class shows kids (ages 11 to 14) how to create their own video games, animations and apply special effects and sound. Media magic shows kids (aged six to 10) how to create animated movies using clay, paper and other materials.

Creative Kids runs full



The Discovery Centre has lots of great hands-on activities for kids during the March break. DISCOVERY CENTRE PHOTO

and half-day camps over the break. Science To The Max lets kids test out crazy experiments like making a tornado and building a volcano. As a bonus that's sure to appeal

to parents, children learn to make their own slime.

The Maritime Museum of Natural History is bringing Little Ray's Reptile Zoo in for Life Under the Canopy — Ani-

mals of the Rainforest. It features 10 habitats with live tarantulas, snakes, tortoises and marmoset monkeys. While it's not a formal camp, during March break, there will be

daily interactive sessions with the animals at 10 a.m., 11:30 a.m., 2 p.m. and 3:30 p.m. The museum also has shows of Our Amazing World at 11 a.m., 1:30 p.m. and 3 p.m.

## March Break

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# There's too much to do to be bored

ANN  
DOUGLAS  
YummyMummyClub.ca

March break panic has set in: What are you going to do to keep your kids occupied all day? There are some great lessons to be learned from not jam-packing every minute of every day with activities.

Below you will find some great tips to help foster creative thinking.

Don't assume it is your job to be your child's full-time entertainer. It is a common mistake we make, so try to monitor yourself.

One of the most important skills you can teach your child is how to find their own fun — how to figure out ways to entertain themselves.

Don't have too much stuff around. Children, like adults, can be overwhelmed by too many choices. Try to organize the play materials that are on hand in ways that make it easy for your child to see what the options are. For example, if your child is a vis-

ual learner, you might create a play idea book. Take some photos of your child engaged in various activities and use these photos to create a book of play ideas and continue to add to it over time. You can even get your child involved in taking some of the photos of their favourite activities.

When your child says, "I'm bored," don't solve the boredom problem for them. Instead, help develop skills for dealing with that problem.



Say "Hmmm" and see what they say next. Encourage your child to think about what they feel like doing. Does their body feel like moving? Do their hands feel like creating something? Does their voice feel like singing? Do their eyes feel like looking at or reading a book? Do their ears feel like listening to music? Over time, they will learn to go through this process in their own head when they are looking for ways to entertain themselves.

Finally, don't forget to



March break is meant for fun — for you and your child.  
JUPITERIMAGES/COMSTOCK/THINKSTOCK

spend plenty of one-on-one time with your child. You don't want to completely ease out of your all-important role as your child's first teacher. You are simply trying to encourage a healthy balance of independent play and learning with time spent playing

and learning with a parent or other adult.

March break is meant for fun — for you and your child. Be sure to schedule plenty of that, too.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

## Fun activities to try

**1** Kid swap with a friend. You take their kids (and your own) for the morning and they take the bunch for the afternoon. The kids will entertain each other and you get a half-day of "me time."

**2** Board game day. Dust off Monopoly, Operation and Clue and get your game on.

**3** Family friendly destination. If you trek out to a museum, indoor playground, science centre or zoo, keep in mind a lot of other families are doing the same on your day off. Plan for crowds, take snacks and breathe deeply.

**4** Hit the library. Call ahead even to find out if they are running special programs like puppet shows, library bingo, or craft times. I like to place holds on a bunch of Disney, Nickelodeon, and Pixar DVDs ahead of time so that we have a plethora of new movies to watch — for free.

**5** Take advantage of others. Should grandpa, auntie June, or friend Fred offer to take the kids out on an adventure, say "yes." I'm all for adven-

tures with a KISS (keep it simple silly).

**6** Play outside. Play-ground, schoolyard, backyard, barnyard, skating rink, basketball court, soccer field — whatever you've got — take advantage of fresh air and exercise.

**7** Have a play date — for you and kids. Instead of just swapping kids (see No. 1) host a group play date of kids and parents. Kids are entertained. You get to hang with friends. Sounds perfect.

**8** Build something. Lego, snow fort, blanket tent in the living room, a homemade chocolate cake — be creators.

**9** Errandspalooza. Print out an image grocery list and have the kids do the shopping. While at the bank, open a savings account for and with the kids. At the gas station, place bets on if you can hit \$49.99 on the spot — winner chooses lunch.

**10** Flake out. A day off is to be enjoyed.

CAROLINE FERNANDEZ/  
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# Tropical escape on a plate: Swordfish with Mango Salsa



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Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F.

## Ingredients

Prep time: 15 minutes  
Cook time: 10 minutes

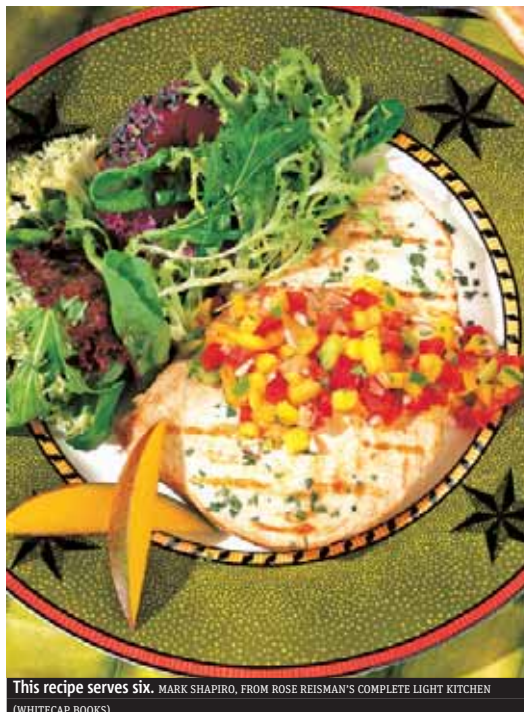
- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper

Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

**ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.**



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

## Dinner. Whole-Grain Penne Bella Stagione

1. In sauté pan on medium-high, heat 45 ml (3 tbsp) olive oil; add onion. Cook until translucent. Add celery and crumbled sausage and sauté 7 mins. until sausage has browned.

2. Add diced tomatoes, hot pepper flakes and water; season with salt. Bring to boil, reduce heat and simmer 15 mins.

3. In meantime, bring a sufficient amount of salted water to boil and cook pasta according to package directions. In frying pan, heat remaining olive oil and add eggplant and zucchini.

Sauté 7 mins. or until vegetables are tender but crisp. Set aside. Remove sauté pan from heat; add basil, cover and let stand 5 mins.

4. Add pasta to sauce and mix well. If sauce too thick, add little stock to desired consistency.

5. Serve pasta in a dish garnished with the sautéed vegetables, freshly grated Parmigiano-Reggiano and a thread of olive oil.

**THE CANADIAN PRESS/CREATED BY CHEF STEFANO FAITA FOR BARILLA, BARILLA.CA.**

## Ingredients

- 90 ml (6 tbsp) virgin olive oil, divided, plus extra for garnish
- 1 small onion, diced
- 1 to 2 celery stalks, diced
- 175 g (6 oz) Italian pork sausage (1 or 2), casing removed and crumbled
- 1 can (398 ml/14 oz) diced tomatoes
- 2 ml (1/2 tsp) hot pepper flakes
- 150 ml (2/3 cup) water
- Salt, to taste
- 1 box (454 g) whole-grain penne rigate
- 1 medium eggplant, peeled and cut in cubes
- 2 small zucchinis, cut in cubes
- 4 to 5 basil leaves
- Freshly grated Parmigiano-Reggiano, to taste

## Health Solutions

### Good ol' topical coffee



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

### Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in

the tub while it is running. You can save this tea sack for two or three days and use a few times over.

### Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

### Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only

tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**



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# Time to tune up your finances

**Take control of your cash.** Take the first step to put good spending and saving habits in place

JANE DOUCET  
For Metro

Do you feel like you never have enough money at the end of the month? And you can't figure out where your paycheques are going? If so, you aren't alone.

"Not knowing where money is being spent is one of the most common financial issues people have," says Harley Lockhart, the chair of Advocis, The Financial Advisors Association of Canada. Lockhart is also a certified financial planner and senior adviser at Quail Ridge Financial in Kelowna, B.C.

The good news? It's never too late to take control of your cash. "No amount is too small to start saving," Lockhart said. "Taking the first step can be tough, but it gets easier after you've put some good spending and saving habits in place."

Lockhart offers these tips on how to better manage your hard-earned dollars.

## Pinpoint your goals

"My key role is to help identify financial issues that are creating stress for people, then help them focus on how to relieve those stressors," Lockhart said. He helps clients figure out what's important to them over both the short and long term — perhaps paying off debt or saving for a vacation, wedding or retirement — then creates a financial plan to help them meet those objectives.

## Track your spending

An easy way to analyze expenses is to keep all of your daily receipts, then at night write down on a piece of paper each total and what it bought. Lockhart asks his clients to do this for a month, then meet with him to review the results. "Suddenly, they realize just how expensive their daily Starbucks coffee or takeout lunch is," he said.

## Create and stick to a budget

Lockhart likes to impart this pearl of wisdom to clients:

## Common issue

**"Not knowing where money is being spent is one of the most common financial issues people have."**

Harley Lockhart, chair of Advocis, The Financial Advisors Association of Canada

"If your out-go exceeds your income, your upkeep will be your downfall." In other words, if you spend more than you earn, you will go into debt trying to maintain a lifestyle you can't afford.

"That applies regardless of how much you make," Lockhart said. He helps clients draft realistic budgets that don't deprive them of affordable treats so they don't feel deprived.

## Don't bank on "bonus" cash

Wishing for a lottery windfall or an inheritance from a wealthy relative? Don't count on it. "An estate settlement may not contain what you expect," Lockhart said.

"The only money you're going to have in the future for certain is what you're going to send there yourself."



It's never too late to take control of your cash. HEMERA/THINKSTOCK

## Penalties. Canadians using RRSPs for illness costs

TALBOT BOGGS  
Smart Investing

As they age, more and more Canadians are withdrawing money from their RRSPs to cover expenses incurred by critical and long-term illnesses, incurring heavy tax penalties and damaging their long-term retirement savings.

"We are seeing a trend among people to dip into their RRSP savings to cover costs or replace income that they might lose because of a serious injury or illness," said James McKeown, a senior insurance specialist with Edward Jones.

"Early withdrawal of money from your RRSP can have a number of consequences. Once the money is out you have to start over again to save it and you also lose the compounding growth that you would have gotten if it had stayed in."

As well, the government taxes early withdrawals very heavily. If you withdraw up to \$5,000, you pay a 21 per cent withholding tax in Quebec and 10 per cent in all other provinces. Withdrawals between \$5,001 and \$15,000 are



More and more Canadians are withdrawing money from their RRSPs to cover expenses for illnesses, which leads to a number of consequences. JUPITERIMAGES/COMSTOCK/THINKSTOCK

taxed at 26 per cent in Quebec and 20 per cent in other provinces, and early withdrawals more than \$15,000 are taxed at 31 per cent in Quebec and 30 per cent in all other provinces.

And there's another penalty. Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you have \$30,000 contribution room and take out \$15,000, you are

left with only \$15,000 of contribution room.

Many aging Canadians are turning to critical illness, disability and long-term care insurance as an alternative way to protect themselves from the financial impact of a serious illness or disability.

"A diagnosis of a serious disease like cancer can have a devastating impact on the individual and their family," McKeown said. "In times like this you want to spend all your ef-

forts on getting the right treatment and getting well again. The last thing you want to be worried about is finances."

Critical illness insurance is designed to provide a lump sum payment of cash upon medical diagnosis of a specific condition. The number of conditions covered varies depending on the insurance company, but could be as high as 24. Most claims, however, are made for cancer, stroke and heart attacks, the three

most common illnesses in North America.

A typical \$100,000 policy for a non-smoking 50-year-old male would cost \$101 per month and \$86 per month for a non-smoking 50-year-old woman. The average policy is for \$100,000, which is paid in a lump sum 30 days after diagnosis.

Complementing critical illness insurance are disability and long-term care (LTC) insurance, which also provide benefits while you are alive.

Disability insurance is designed to replace a portion of your income if you are unable to work for an extended period due either to an accident or sickness.

LTC insurance provides an income based on a person's cognitive impairment or inability to perform daily living activities such as eating, bathing or toileting.

According to the Council on Aging, more than 40 per cent of people older than the age of 65 will at some point in their remaining years require long-term care and spend time in a nursing home or long-term care facility for an average of three to four years.

## Long-term care

**"According to the Council on Aging, more than 40 per cent of people older than the age of 65 will at some point in their remaining years require long-term care and spend time in a nursing home or long-term care facility for an average of three to four years."**

Twenty per cent will stay more than five years and for a couple older than 65 there is a 66 per cent chance that at least one of them will enter a long-term care facility at some point in their lives.

Some synergy policies combine all three types of plans in one.

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# Avoid the stress of RRSP season

## Alison on Money.

Setting up an automatic contribution plan will help you deal with this stressful time



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention



RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is \$22,970.

However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from any-

thing else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited. Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

## In numbers

# \$69,426.19

The value of \$100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## Fitting the lottery into your plan



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how \$20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and

true savings principles.

Rather than purchasing \$25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP. If you started contributing \$25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have \$335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total \$670,000 by retirement. (Run your savings scenario with the free retirement savings calculator at [getsmarteraboutmoney.com](http://getsmarteraboutmoney.com).)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

# Try to have a 'good' fight with your partner

**Discover what's really wrong.** Couples will often fight about petty things while the real source of their anger remains hidden

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's

easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on

that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current

insecurities or deep-seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it



Don't use masked rage, find out what's really bothering you. ISTOCK PHOTO

makes us sound a little more vulnerable than we'd like to admit. But only by revealing

your deepest wounds does your partner have any chance to heal them. **METRO NEW YORK**

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NHL

## Subban 'very anxious to get back on the ice'

Now that the negotiations are over, P.K. Subban just wants to play hockey.

The gifted defenceman, who missed training camp and the first four games of the NHL season because of a contract dispute, agreed to a two-year deal worth \$5.75 million US with the Montreal Canadiens on Monday.

"I'm happy to be at this point and I'm looking forward to reintegrating with the team and helping them win," Subban said on a conference call. "It was about getting a deal done that was fair to both sides."

Subban, who was a restricted free agent, will be paid a pro-rated \$2 million this season and \$3.75 million in 2013-14 for an annual salary cap hit of \$2.875 million.

The 23-year-old will join the team on Wednesday in Ottawa, but it was unclear if he would play that night against the Senators. If not, he will likely begin his season Saturday afternoon at home against Buffalo.

Subban said he has stayed in shape training with the Ontario Hockey League's Mississauga Steelheads and is ready to play.

"I'm very anxious to get back on the ice," he said. "I'm always ready to play."

THE CANADIAN PRESS



P.K. Subban GETTY IMAGES FILE



Hurricanes goalie Cam Ward stops a second-period shot from Bruins forward Chris Bourque as defenceman Tim Gleason gives chase on Monday night in Raleigh, N.C. GERRY BROOME/THE ASSOCIATED PRESS

# Krejci seals win for Bruins in Carolina

**NHL.** Unselfish rookie Hamilton sets up winner as Boston remains unbeaten in regulation

Dougie Hamilton figured he'd already shot — and missed — enough.

So with the game on the line and the puck on his stick, the rookie defenceman deferred to one of the Boston Bruins' veterans.

David Krejci scored the tie-breaking goal off a pretty pass from Hamilton with 1:50 left to help the Bruins beat the Carolina Hurricanes 5-3 on Monday night.

"I figured I'd already taken enough shots where I didn't score, so I saw (Krejci) open

On Monday

5	3
Bruins	Hurricanes

backdoor and I just put it over to him," Hamilton said. "And he put it home."

Zdeno Chara had a power-play goal and two assists, Nathan Horton had a goal and an assist, Tyler Seguin had an empty-net goal and an assist and Brad Marchand, of Hammonds Plains, scored a short-handed goal for the Bruins.

The Northeast Division leaders remained unbeaten in regulation and opened the

season earning points in five straight games for the first time since 1990-91.

"We're ready to go. We know it's a short season (and) it's really important to get points early in the season," Krejci said. "We're trying to get as (many) points as we can. We've got nine out of (a possible) 10. That's pretty good, but we've got to keep going."

Eric Staal had a goal and an assist, and he and Jeff Skinner scored 50 seconds apart late in the second period to help the Hurricanes erase a two-goal deficit.

Jamie McBain added a goal and Cam Ward made 33 saves for the Hurricanes, who had their two-game winning streak snapped.

The Bruins "are a veteran

team that's gone through these type of games and they came out hard and they gave us a lesson on playing 60 minutes solid," Carolina coach Kirk Muller said.

Anton Khudobin stopped 29 shots in his first start of the season for the Bruins.

Krejci's winner came after Horton fired a shot toward Ward. The puck made its way to Hamilton, whose cross-ice pass found Krejci in the left circle. He snapped it past Ward into an open net for his first goal of the season.

"He's got great vision, great passing ability," Krejci said. "I just got open and I was hoping he would pass it to me. I got myself ready, and he made a great play and made (it) pretty easy on me."

THE ASSOCIATED PRESS

# Tiger rules once more at Torrey Pines



Tiger Woods holds up the trophy after winning the Farmers Insurance Open golf tournament at the Torrey Pines Golf Course, Monday in San Diego.

GREGORY BULL/THE ASSOCIATED PRESS

Tiger Woods is a winner again at Torrey Pines, and the only question on Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus, and his patience, during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory on the course where he has more wins than any other in his pro career.

One week after he missed the cut in Abu Dhabi, he ruled at Torrey Pines.

Woods built a six-shot lead with 11 holes to play when the final round of the fog-delayed tournament was suspended Sunday by darkness. He returned Monday and looked stronger than ever until the tournament dragged to a conclusion. Having to wait on every tee and from every fairway — or the rough, in his case — Woods made bogey from the bunker on the 14th, hooked a tee shot on the 15th that went off the trees and into a patch of ice plant and led to double bogey, and then popped up his tee shot on the 17th on his way to another bogey.

"It got a little ugly toward

Adding to his tally

- Woods won this tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times.
- It was his 75th career win, seven short of Snead's all-time tour record.

the end," Woods said. "I started losing patience a little bit with the slow play. I lost my concentration a little bit."

THE ASSOCIATED PRESS



# Niners RB Gore finally getting his chance to shine



San Francisco running back Frank Gore. STEPHEN DUNN/GETTY IMAGES

**NFL.** 29-year-old coming up big after years of struggling in San Francisco

Frank Gore never lost hope. Not through all the injuries, all the losing early in his career.

That perseverance finally paid off this season for the San Francisco running back.

The 29-year-old Gore helped the 49ers reach the Super Bowl for the first time since 1995, a triumph that is especially sweet given all he's been through. He tore up both knees in college. He underwent major surgery on both shoulders after he got to the pros. He lost part of another season to a hip injury.

Not to mention, Gore didn't

## Quoted

"He can do it all.... I love to watch him."

Niners running back Frank Gore on his Ravens Super Bowl counterpart Ray Rice

experience winning in the NFL until his seventh year.

"It was tough, real tough," he said Monday. "It was tough coming to work, especially for me coming from a winning program (Miami) in college. I was never used to losing. I used to take it hard."

One of his teammates, full-back Bruce Miller, has noticed the determination in Gore's eyes as the team prepares to face the Baltimore Ravens in the title game Sunday.

"It means a lot to him," Miller said. "In meetings and at practice, you can see how intense and focused he is. He's worked hard for it."

The Ravens have their own threat out of the backfield.

Like Gore, Baltimore's Ray Rice has been overshadowed by more prominent teammates, namely quarterback Joe Flacco and retiring linebacker Ray Lewis.

Gore is a power back, someone who can churn out the tough yards between the tackles, while Rice is more of a slasher who can dart through the small openings to break off big gains. **THE ASSOCIATED PRESS**

## NFL. Big Easy relishing return of Super Bowl

A 20-storey-high mural of the Lombardi Trophy, affixed to the glass exterior of a bustling hotel that was once a shattered symbol of Hurricane Katrina's devastation, rises like a beacon above the expansive white roof of the Superdome.

The Super Bowl is back in the Big Easy, finally, after 11 years, giving New Orleans a spotlight of global proportion to showcase how far it has come since Katrina left the city on its knees and underwater in August of 2005.

"The story is much, much bigger than the Super Bowl," Mayor Mitch Landrieu said Monday afternoon. "This is a story about the resurrection and redemption of a great American city."

"The Super Bowl gives us an opportunity to reflect on where we've been and where we're going."

From 1970 to 2002, New Orleans was a regular host of the Super Bowl and hopes to be again. This Sunday, when the Baltimore Ravens meet the San Francisco 49ers in the Superdome, the Crescent City will host the NFL's marquee game for the 10th time, tying Miami for the most of any city.

**THE ASSOCIATED PRESS**



Ravens linebacker Ray Lewis arrives at Louis Armstrong International Airport in New Orleans on Monday.

THE ASSOCIATED PRESS

## Super Saturday

When New Orleans was bidding for the 2013 Super Bowl, it floated the idea of a Super Saturday of Service, whereby volunteers could undertake projects to improve the city.

- This Saturday, restoration work will be done on five properties run by the New Orleans Recreational Department, including a high school football field where Archie Manning's sons Eli and Peyton once played. After Sunday, the field will be the new home of the turf used in the Super Bowl.



## Obama holds court with the King, Heat

Miami Heat superstar LeBron James speaks to U.S. President Barack Obama in the East Room of the White House on Monday. Obama honoured the Heat for winning the 2012 NBA championship. "Everybody doing their part is what finally put the Heat over the top," Obama said. James, who presented Obama with an autographed basketball, said the Heat's players were honoured. "We're in the White House right now, which is like, like 'Mama, I made it,'" James said.

MARK WILSON/GETTY IMAGES

## NBA

### Irving lands top weekly honour

Kyrie Irving was rewarded for a week he'll have trouble topping.

Cleveland's second-year guard was named the Eastern Conference's player of the week on Monday after leading the NBA in scoring and carrying the Cavs to three

straight wins. In the three games, Irving averaged 35.7 points, scored 40 points in a win over Boston, had 35 against Milwaukee and hit a game-winning three-pointer on Saturday in Toronto.

Those performances came in the same week that Irving was selected to his first all-star team and named Cleveland's top professional athlete of 2012.

**THE ASSOCIATED PRESS**



Kyrie Irving GETTY IMAGES FILE

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	4	3	0	1	11	7	7
Pittsburgh	5	3	2	0	15	14	6
NY Islanders	5	2	2	1	18	18	5
NY Rangers	5	2	3	0	14	16	4
Philadelphia	6	2	4	0	13	18	4

#### NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	5	4	0	1	17	11	9
Ottawa	5	3	1	1	16	10	7
Montreal	4	3	1	0	13	7	6
Buffalo	5	2	3	0	13	15	4
Toronto	5	2	3	0	14	17	4

#### SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	5	4	1	0	24	13	8
Winnipeg	5	3	1	1	15	14	7
Carolina	5	2	3	0	14	18	4
Washington	5	1	3	1	11	19	3
Florida	5	1	4	0	8	19	2

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	6	6	0	0	22	12	12
St. Louis	6	5	1	0	24	13	10
Detroit	5	2	2	1	11	16	5
Columbus	6	2	3	1	11	19	5
Nashville	6	1	2	3	10	18	5

#### NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Edmonton	5	3	2	0	15	14	6
Minnesota	5	2	2	1	13	15	5
Vancouver	5	2	2	1	14	16	5
Colorado	5	2	3	0	10	13	4
Calgary	4	1	2	1	11	15	3

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	23	8	10
Anaheim	4	3	1	0	15	14	6
Dallas	6	2	3	1	12	14	5
Phoenix	6	2	4	0	21	20	4
Los Angeles	4	1	2	1	8	12	3

**Note:** A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

### Monday's results

Boston 5 Carolina 3  
Columbus 2 Dallas 1  
Phoenix 4 Nashville 0  
Edmonton 4 Colorado 1  
Vancouver at Los Angeles

### Sunday's results

Washington 3 Buffalo 2  
Pittsburgh 2 Ottawa 1 (SO)  
Montreal 4 New Jersey 3 (OT)  
Tampa Bay 5 Philadelphia 1  
Chicago 2 Detroit 1 (OT)  
Winnipeg 5 NY Islanders 4 (OT)  
St. Louis 5 Minnesota 4 (OT)  
San Jose 4 Vancouver 1

### Tuesday's games — All Times Eastern

New Jersey at Boston, 7 p.m.  
Philadelphia at NY Rangers, 7 p.m.  
Toronto at Buffalo, 7 p.m.  
Winnipeg at Montreal, 7:30 p.m.  
Washington at Ottawa, 7:30 p.m.  
Dallas at Detroit, 7:30 p.m.  
NY Islanders at Pittsburgh, 7:30 p.m.  
Florida at Tampa Bay, 7:30 p.m.  
Columbus at Minnesota, 8 p.m.  
Anaheim at San Jose, 10:30 p.m.

### Wednesday's games

Montreal at Ottawa, 7 p.m.  
Chicago at Minnesota, 8 p.m.  
Edmonton at Phoenix, 9:30 p.m.  
Colorado at Vancouver, 10 p.m.

## GOLF

### PGA

### FARMERS INSURANCE OPEN

At La Jolla, Calif.

Final round — Par 72

Tiger Woods, \$1,098,000	68-65-69-72=278
Brandt Snedeker, \$536,800	65-75-69-69=278
Josh Teater, \$536,800	66-70-73-69=278
Jimmy Walker, \$268,400	67-69-72-71=279
Nick Watney, \$268,400	69-68-71-71=279
Robert Garrigus, \$204,350	72-69-72-67=280
Rickie Fowler, \$204,350	77-65-70-68=280
Aaron Baddeley, \$204,350	71-72-68-69=281
Bill Haas, \$146,400	69-69-72-71=281
Graham Delaet, \$146,400	68-70-72-71=281
Charles Howell III, \$146,400	66-72-71-72=281
K.J. Choi, \$146,400	65-73-71-72=281
Jason Day, \$146,400	73-70-72-66=281
Brad Fritsch, \$146,400	69-67-70-75=281

### Also:

Vijay Singh, \$41,480  
Phil Mickelson, \$14,125  
Mike Weir, \$12,200  
Adam Hadwin

## NFL

### SUPER BOWL XLVII

Sunday, Feb. 3 At New Orleans, La.

Baltimore vs. San Francisco, 6 p.m.

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	28	13	.683	—
New York	27	15	.643	1 1/2
Chicago	27	17	.614	2 1/2
Brooklyn	27	18	.600	3
Indiana	26	19	.578	4
Atlanta	25	19	.568	4 1/2
Milwaukee	23	19	.548	5 1/2
Boston	21	23	.477	8 1/2
Philadelphia	18	26	.409	11 1/2
Detroit	17	27	.386	12 1/2
Toronto	16	29	.356	14
Orlando	14	30	.318	15 1/2
Cleveland	13	32	.289	17
Washington	11	32	.256	18
Charlotte	11	33	.250	18 1/2

### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	36	11	.766	—
Oklahoma City	34	11	.756	1
L.A. Clippers	33	13	.717	2 1/2
Memphis	29	15	.659	5 1/2
Golden State	27	17	.614	7 1/2
Denver	28	18	.609	7 1/2
Utah	24	21	.533	11
Houston	25	22	.532	11
Portland	22	22	.500	12 1/2
L.A. Lakers	19	25	.432	15 1/2
Dallas	19	25	.432	15 1/2
Minnesota	17	24	.415	16
Sacramento	17	29	.370	18 1/2
New Orleans	15	29	.341	19 1/2
Phoenix	15	30	.333	20

**Note:** Division leaders ranked in top three positions regardless of winning percentage.

### Monday's results

Memphis 103 Philadelphia 100  
Golden State 114 Toronto 102  
Sacramento 96 Washington 94  
Brooklyn 97 Orlando 77  
Chicago 93 Charlotte 85  
Denver 102 Indiana 101  
Houston 125 Utah 80

### Sunday's results

Boston 100 Miami 98 (OT)  
L.A. Lakers 105 Oklahoma City 96  
Detroit 104 Orlando 102  
New Orleans 91 Memphis 83  
New York 106 Atlanta 104  
Dallas 110 Phoenix 95

L.A. Clippers 96 Portland 83

### Tuesday's games — All Times Eastern

Golden State at Cleveland, 7 p.m.  
Milwaukee at Detroit, 7:30 p.m.  
Dallas at Portland, 10 p.m.  
New Orleans at L.A. Lakers, 10:30 p.m.





## Horoscopes

### Aries

**March 21 - April 20**

Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

### Taurus

**April 21 - May 21**

Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

### Gemini

**May 22 - June 21**

You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

### Cancer

**June 22 - July 23**

It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

### Leo

**July 24 - Aug. 23**

You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

### Virgo

**Aug. 24 - Sept. 23**

Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

### Libra

**Sept. 24 - Oct. 23**

You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

### Scorpio

**Oct. 24 - Nov. 22**

You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

### Sagittarius

**Nov. 23 - Dec. 21**

Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

### Capricorn

**Dec. 22 - Jan. 20**

A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

### Aquarius

**Jan. 21 - Feb. 19**

You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

### Pisces

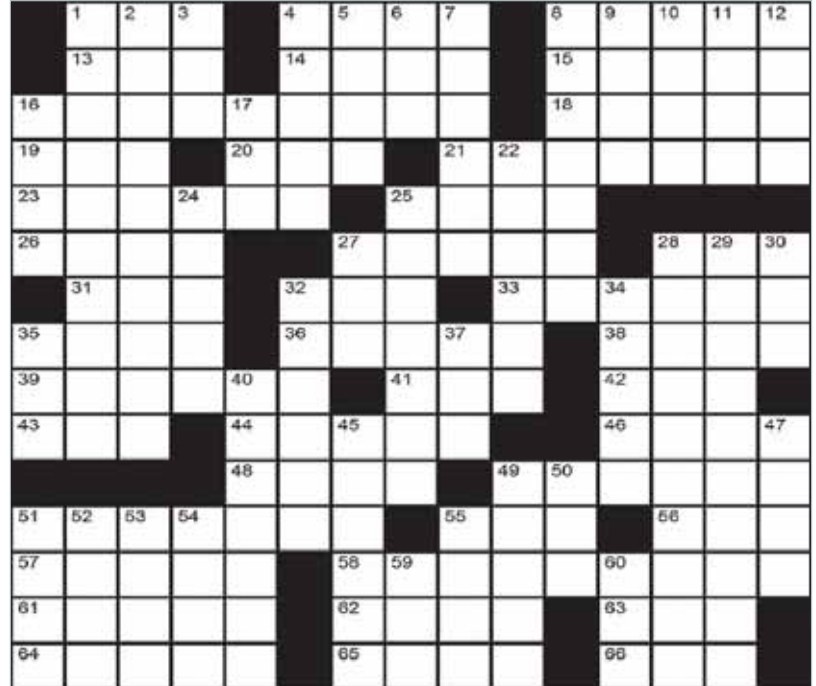
**Feb. 20 - March 20**

How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Pressure meas.
- Research papers, e.g.
- Coffee brand est. 1896 in Vancouver
- Tsar's li'l land
- Hawaiian island
- Chicago's airport
- Brad Pitt movie: 2 wds.
- Aussie actress Ms. Wilson
- "This \_\_\_ recording..."
- Dixie Cups song, when doubled
- Unyielding
- Financial magazine
- Persia now
- Past person of Peru
- Calamari
- William to Harry, for short
- \_\_\_ cake
- \_\_\_ Na Na
- Old West hangout
- Lettuce variety
- "Shout" by The \_\_\_ Brothers
- Ms. Poehler's
- Plane name
- Belonging to the intl. org. based in NYC
- Sports org.
- Canonized titles [abbr.]
- Legendary Canadian heavy metal band
- Serene
- Tightly stretched
- Veer
- Adele's Oscar-nominated song
- 1990s trial judge
- Slang-style insult
- Hammer \_\_\_ in
- Green Gables area of PEI
- Montreal-born country singer Ms. Clark
- "Get \_\_\_ Up" by John Mellencamp
- Some vowels
- "You Won't \_\_\_" by The Beatles
- Bananarama song: "Robert De \_\_\_'s Waiting"
- \_\_\_, "The A-Team" star



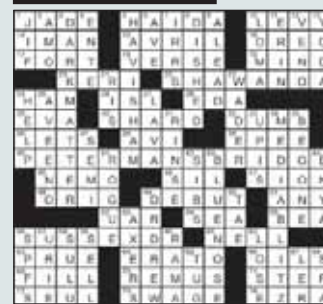
### Down

- Warden's worry: 2 wds.
- Tea party items: 2 wds.
- 'Book' suffix
- Enjoys heavy metal
- \_\_\_ Alto, California
- Wed.'s follower
- Automaker of Japan
- Rouyn-\_\_\_, Quebec
- "Cough..."
- The Who's "\_\_\_ O'Riley"
- Lucy Liu's 'Kill Bill' role, \_-\_\_\_ Ishii
- Fashion accessory
- Minnie Mouse's pet dog

### 17. Fasten

- Namesakes of Donald Duck's beloved
- Disney deer
- Nunavut's capital
- Quietude requests, variously
- Canadian aircraft manufacturer
- Typical item on Charles and Camilla's itinerary: 2 wds.
- Offs opposites
- Newfoundland attraction, \_\_\_ Hill
- Oprah's recent interviewee
- Blues guitarist Mr. King's
- Made-bigger pic
- Cape Breton fiddler Ms. MacMaster
- What Spock's father was
- Fit
- Prefix to 'saurus' (Plated-back dino)
- Triumphed
- TGIF followers
- Human hinge
- Handled easily, as a ship
- Tom Cruise movie, "The \_\_\_" (1993)
- Folkie band, Bon \_\_\_
- CNN's Mr. Velshi
- Built by a beaver

## Yesterday's Crossword

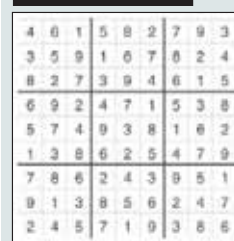


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

-4° / -9°

Mainly sunny

**Wednesday**

5° / 2°

Rain and snow

90%

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